

**Penywaun Primary School**  
**Food and fitness Policy**

**'Believe We Can Achieve'**

**Vision Statement**

At Penywaun Primary school we are committed to the health and well-being of the whole school and community and actively promote and encourage healthy lifestyles through implementing a whole school community approach to food and fitness.

The Welsh Government is determined to help secure, maintain and improve the health of young people with the introduction of **The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013**. Food and drink served in local authority maintained schools must meet The Healthy Eating in Schools Regulations. These Regulations are part of the wider **Healthy Eating in Schools (Wales) Measure 2009** and are based on the previous Appetite for Life Guidelines. These all set out to improve the nutritional and food standards of the food and drink provided in schools in Wales.

The Well-being of Future Generations (Wales) Act has at its core an intention to improve the health, social, economic, environmental and cultural well-being of Wales. Promoting healthy diets and increasing levels of physical activity will be a key component of achieving the ambitions within this Act. We believe that physical activity, from the very earliest years, is essential to ensure healthy growth and development, as well as being linked to better academic achievement. In response to the Donaldson Review of the school curriculum in Wales, we are committed to ensuring that our school creates healthy and confident children in the coming years by addressing our pupils' physical needs alongside their academic needs. We intend to include more physical activity to the school day by developing physical literacy skills and encouraging physical activity during break times, along with physically active learning methods within lessons.

**Aims of the policy**

- Demonstrate a whole school approach to food and fitness through the development of an inclusive policy that shows a shared vision.
- To promote high standards of achievement
- To improve the health of the whole school community by equipping pupils with the knowledge and skills necessary to establish and maintain life long active lifestyle and healthy eating habits.
- To encourage and support engagements across the whole school and the wider community in food and fitness activities.
- To develop self-confidence, and a sense of self worth
- To develop lively minds with a spirit of enquiry about the world in which we live, to value their local community and acquire knowledge and skills relevant to adult life and employment in an ever-changing world.
  
- To offer a range of inclusive safe practical cookery activities to continually develop a lifelong love of food and cooking.

## **Curriculum**

The school curriculum will offer pupils the opportunity to:

- Understand relationship between food, physical activity and the long-term health benefits.
- Understand basic requirements of food hygiene and the skills needed to prepare and cook healthy nutritional meals.
- Learn about growing and farming of food including importance of Fairtrade and its impact on the environment.
- Implement a well-planned Foundation Phase and National Curriculum, making good use of opportunities for cross curricular promotion of physical activity and it's relationship for diet and nutrition.
- Develop knowledge, concepts and skills relating to food, nutrition and fitness through Science.

## **Environment**

- Raise awareness and promote the food and fitness activities a policy of the school in partnership with key community and health agencies.
- Collect, collate and provide children with appropriate information, opportunities and resources available relating to food, nutrition, physical activity and sport in the community.

## **The Welsh Network of Healthy Schools Schemes**

Our school participates in the Welsh Network of Healthy School Schemes. As participants in this scheme, we aim to actively promote and protect the physical, mental and social well-being of our school community through positive action by such means as policy, strategic planning and staff development with regard to its curriculum, ethos, physical environment and community relations. We therefore aim to develop and implement a coherent health education curriculum in relation to food and fitness.

## **Management and Organisation of Food and Fitness:**

### **Role of the Governing Body:**

The role of the governing body for our School is to ensure that:

- The School Meal Service comply with the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- Systems are in place to inform families of their entitlement to free school meals
- The school is delivering a broad and balanced cross curricular programme of food and fitness to all pupils
- Consistent messages are promoted through the formal and informal curriculum.

## **Role of the Headteacher and Senior Leaders:**

### **The Head Teacher and Senior Leaders will ensure that:**

- The school ethos and environment reflect the school policy
- School Meal Service comply to current Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- Parents/carers are made aware of their entitlement for their child to receive free school meals as appropriate
- All staff promote healthy eating and participation in physical activity in accordance with school guidance
- A planned and appropriate food and fitness curriculum is provided for all pupils throughout the school year
- The school does not advertise branded food and drink products on school premises, equipment or books and will ensure that any collaboration with business does not require endorsement of branded or specific company products high in fat, sugar or salt

### **All teaching and non-teaching staff to ensure that they:**

- Act as positive role-models
- Ensure consistent messages are provided/ mixed messages are avoided in relation to diet, oral health and physical activity
- Support implementation of the school policy
- Deliver effective food and fitness education as agreed in this Policy
- Encourage participation in local and national initiatives
- Promote healthy eating and active lifestyles in accordance with school guidance
- Help and encourage children to select balanced food choices at lunchtimes and promote opportunities for them to be physically active during the school day.

### **The role of parents and carers:**

We ask that Parents/Carers endeavour to:

- Support the policy
- Provide healthy packed lunches if food is brought in from home
- Apply for their child's Free School Meals if entitled to do so
- Provide fresh fruit and/or vegetables for snack
- Provide a clean drinking water bottle for fresh, plain water only
- Support local and national initiatives.

### **School meals and food provision**

- All school meals should comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- School menus and allergen information are clearly displayed around the school and canteen
- We will provide an enjoyable dining experience by developing welcoming aspects of the dining room environment including displays of food, promoting healthy eating, availability of free water and organising appropriate queuing arrangements
- Healthy options are promoted which give pupils the opportunity to try new foods

- The regulations are in place for all food provided on the premises from 8am up to 6.00pm
- Our school uses non-food rewards such as praise, stickers, games and star charts rather than confectionary
- As a school if birthday cake is brought in the birthday will be celebrated in class and the cake will be cut and sent home with the children leaving the decision up to the parents to whether they wish for their child to have it or not.

#### **Free School Meals**

- Parents/carers are sent regular reminders to ensure that they are made aware of their potential eligibility for their child to receive free school meals, and reassured about how the system works at school
- The uptake of free school meals is considered a key indicator for school performance

#### **Healthy Lunchboxes**

- Current national guidance is provided for parents on nutritionally balanced packed lunches
- Children are educated on the content of a healthy packed lunch
- Healthy packed lunches will be promoted for school trips.

#### **Healthy Breakfast Club**

- The school has a Welsh Government Free Breakfast Club running providing nutritionally balanced food
- The Breakfast Club provides pupils with the opportunity to participate in active play/ physical activity.

#### **After School Cooking Clubs**

- The school has introduced an after school cooking club for pupils in years one and two
- Some members of staff has received Food Safety Level 2 Training which is updated every 3 years
- Relevant staff have attended cookery skills training
- The school engages members of the local community and parents/carers to assist
- Recipes are in keeping with Healthy Eating in Schools guidance and where possible incorporate local seasonal produce.

#### **After School Clubs to promote physical activity and sport**

Our teaching Staff are committed to delivering afterschool clubs weekly. We also work in partnership with outside agencies and the Local Authority:

Partners include:

- A variety of clubs will be provided throughout the year which will encourage physical activity and healthy choices.

#### **Fruit Tuck Shop**

- The school has set up a daily Fruit Tuck Shop, which pupils help to run
- Only fresh fruit and vegetables are served. Crisps and confectionary will not be sold in school
- The School Council, Healthy Schools Committee /Eco Schools committee are consulted in decisions to support the Fruit Tuck Shop

#### **School Milk**

- Free semi skimmed milk is offered to all Foundation Phase pupils each day and temperatures are recorded.

### **Drinking Water**

- Children and staff have access to free fresh, clean water throughout the school day within class. Squash may be brought into school to drink if children refuse to drink water.
- If brought in from home, parents will be responsible for the hygiene of the bottles
- If provided by school, designated staff members will be responsible for the hygiene of the bottles

### **Physical Activity**

The school acknowledges and will ensure that:

- Physical activity and active play is inclusive
- Safe storage is provided for bicycles and scooters etc
- Families are encouraged to actively travel to school
- Opportunities for additional physical activity will be incorporated throughout the school day including wake and shake, daily mile, class exercises, Sustrans, cycling proficiency, standing activities, outdoor learning
- Sports day is held annually
- The playground is 'zoned' into different activity areas to encourage all pupils to participate in activity during break and lunchtimes that is suitable to their ability.

### **Oral Health**

- The school actively promotes oral health messages through the curriculum
- The school actively participates in Designed to Smile and facilitates oral health promotion to children and parents
- The school advises its pupils and parents/carers to visit a dentist on a regular basis.

### **Fundraising, social events, staff meetings and parents' evenings**

- A selection of healthy eating options in keeping with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 will always be available during school fund raising, social events, staff meetings and parents' evenings
- Fundraising events which promote physical activity are encouraged
- The school will ensure that any collaboration with businesses does not require endorsement of branded or specific company products high in fat, sugar or salt

### **Review, evaluation and dissemination:**

- Implementation of this policy will be monitored by the Headteacher and members of the governing body
- It will be ratified every two years but reviewed annually or earlier if necessary
- The School Council are actively involved with the implementation and review of this policy.

## Food and Fitness within the New Curriculum for Wales 2022

**Topic: Food and Nutrition**

**Area of Learning and Experience: Health and Well-being**

<b>What matter statement</b>	<p><b>Developing physical health and well-being has lifelong benefits</b>  <i>This Area can help learners to understand the factors that affect physical health and well-being. This includes health-promoting behaviours such as physical activity, including but not limited to sport; balanced diet; personal care and hygiene; sleep; and protection from infection. It also includes an understanding of health-harming behaviours.</i></p>	
<b>Progression Step</b>	<b>1:</b>	I am beginning to make connections between my diet and my physical health and well-being.
	<b>2:</b>	I have developed an understanding that I need a balanced diet and I can make informed choices about the food I eat and prepare to support my physical health and well-being.
	<b>3:</b>	I can explain the importance of a balanced diet and nutrition and the impact my choices have on my physical health and well-being. I can plan and prepare basic, nutritious meals.
	<b>4:</b>	I can apply my knowledge and understanding of a balanced diet and nutrition to make choices which will allow me to maintain my physical health and well-being. I can plan and prepare a variety of nutritious meals.
	<b>5:</b>	I can adjust my diet in response to different contexts and apply my knowledge and understanding of a balanced diet and nutrition to support others. I can apply a range of techniques to prepare a variety of nutritious meals.

### **What are the range of experiences and activities that can support learners to enjoy lifelong physical activity and care for themselves and others?**

*Learners should be supported to develop positive behaviours in their wider physical health and well-being. This could relate to a range of factors, including diet, substances, hygiene, infection, the physical environment, sleep and rest. Settings, schools and practitioners should consider what experiences will support learners to understand how these factors can influence their health and well-being, develop the skills to support healthy behaviours relating to these factors, and the confidence and motivation to support those behaviours for life. For example, developing skills to support a healthy balanced diet should consider how learners can develop the skills and the enjoyment of preparing food which forms part of a healthy balanced diet.*

**Topic: Physical Activity**

**Area of Learning and Experience: Health and Well-being**

<b>What matter statement</b>	<p><b>Developing physical health and well-being has lifelong benefits</b>  <i>This Area can help learners to understand the factors that affect physical health and well-being. This includes health-promoting behaviours such as physical activity, including but not limited to sport; balanced diet; personal care and hygiene; sleep; and protection from infection. It also includes an understanding of health-harming behaviours...</i></p> <p><i>Learners will be encouraged to develop the confidence, motivation, physical competence, knowledge and understanding that can help them lead healthy and active lifestyles which promote good physical health and well-being.</i></p>	
<b>Progression Step</b>	<b>1:</b>	I have the confidence and motivation to move in different ways and I am beginning to develop control of <b>gross motor</b> and <b>fine motor</b> movements in different environments, moving safely in response to instructions.

	<p><b>2:</b> I can use and improve basic movement skills in familiar and unfamiliar situations. I can respond to prompts in imaginative and creative ways. I have the confidence and motivation to persevere when faced with physical challenges.</p>
	<p><b>3:</b> I can develop and apply a range of skills in familiar, unfamiliar and changing situations, exploring space creatively in response to a variety of stimuli. I can motivate myself to engage confidently in regular physical activity and sport, and am aware of my own progress.</p>
	<p><b>4:</b> I can transfer a range of movement skills from familiar to unfamiliar and changing situations and environments, using space creatively in response to a variety of stimuli. I can engage in regular physical activity and sport with confidence, motivation and commitment.</p>
	<p><b>5:</b> I can independently adapt and apply movement skills across a range of activities and environments, managing space creatively in response to a variety of stimuli. I can value the benefits of participation in regular physical activity and sport, seeking opportunities to develop my expertise.</p>

**What are the range of experiences and activities that can support learners to enjoy lifelong physical activity and care for themselves and others?**

*Positive learning experiences can support learners to value physical activity, including sport, which in turn can motivate them to lead physically active lives. Learner-centred pedagogies such as purposeful play, a multiskills approach, the Teaching Games for Understanding (TGfU) approach and the Sport Education Model (SEM) can all contribute to a learning culture where physical activity is enjoyed by all. Learners should also be supported to value the benefits of this, including social, recreational and performance aspects, as well as how it supports their physical health and well-being. These activities should also support the development of knowledge, understanding and transferable skills within and beyond the physical health element of this Area. Settings and schools should consider how opportunities, experiences and pedagogies, including participation in various sports and activities, support the development and refinement of gross motor and fine motor movements, transferable skills and the ability to connect progress with perseverance and confidence. Realising progress in physical competence supports learners' motivation to persevere and supports their confidence to continue participating throughout life.*

